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Healthy sitting

By Gwen MacLean for Living Balance Clinic

We are sitting a lot these days.

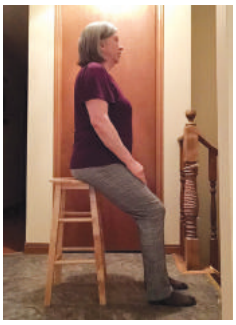
There are fewer opportunities for sports activities, and we are spending more time in our homes going from the computer to the couch. That's a lot of sitting!

Our bodies are not designed for sitting. Ancient humans did not sit in chairs. They walked, hunted, gathered, built and dismantled camps, squatted and knelt. Not many of us squat in North America. Our hips don't have adequate mobility, as we don't squat much after the age of 4 and don't move our bodies enough in the way they are designed to move.

However, working up to squatting could be a new habit to add to your daily regimen. It would be easy to work it in to TV watching. You can start off with a book or two under your heels if your calves are tight. This will allow you to get into the squat position more comfortably until your calves release.

But when you have to sit, there are some tips to make it less taxing on your body.

A little test to try: Sit in your chair with your feet on the floor and slouch like you would at the end of a long day. Does your weight fall to the back edge of your sitting bones? If you take note, your tailbone will be tucked under between your sitting bones, and the weight in your feet will be light. Your shoulders will be rounded, and your chest dropped. Your head will be forward, and this creates a bulge at the base of the back of your neck. This type of sitting could potentially lead to joint degeneration and back, neck and shoulder pain.



My weight is on my upper thighs and the front of my sitting bones, my chest is lifted, and I have a nice curve in my lower back.

I am rolled onto the back of my sitting bones, the curve is gone from my low back, my chest is dropped, my shoulders have rounded forward, and my neck has dropped into my upper body.

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How do we sit comfortably and healthfully?

Here are some foundational tips you can use to sit in a healthy way to decrease back, neck and shoulder pain:

1. Use a chair with a firm flat surface.
2. Make sure the chair is tall enough that your hips are higher than your knees.
3. Sit on the chair as if it were a stool without a back (you will be upright with a curve in your low back).
4. Roll forward off your tailbone and onto the front edge of your sitting bones, allowing your upper thighs and feet to have more weight in them.

These tips will ensure you have a wide base of support with your pelvis. As long as your pelvis is tipped back, like it is when we slouch, no amount of muscle will improve our ability to keep our trunk erect and keep pain and discomfort at bay.

Let's talk about when you want to kick back and recline during a movie. The trick is to lean back on the backrest without rolling back on your sitting bones, without bringing your tailbone underneath you, and without flattening the curve in your low back. You can do this by leaning straight back from your hips.

Start the healthy sitting position with your buttocks into the back of the chair and lean straight back until your upper back touches the backrest. Then you can let your low back relax. At this point, you will still have a slight curve in your low back. You will feel the weight in your sitting bones – not your tailbone. You will find that your chest stays open, and your shoulders don't round forward. It will take some practice to build up your muscles to sit comfortably in this position, but once you do, it's pretty wonderful.

www.livingbalanceclinic.ca

London SportsXpress.ca

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Special thanks to YMCA for the cover photo

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Fitness that's accessible!

Submitted by 9Round London

9round London is happy to be open again and running classes daily. We are lucky enough to have a small member base of around 200 members, so we are able to still have a lot of class bookings available and keep a small safe atmosphere for our members.

We run classes every 45 minutes. We allow up to four members in the club at a time and have one trainer to guide our members through their workouts. Class times run throughout the morning (6:30am-12pm), and we re-open at 3:30pm and start it back up again until the late evenings.

We are happy to be able to still offer great services and help all our members keep their fitness/workout results and be able to book times every single week.

We know that sometimes it's tough to get into the regular gym right now, with thousands of members and only 50 booking slots per hour. We would like to extend a free 1-week pass to anyone that would like to come try out our gym!

About 9Round London

9Round London is proud of its commitment to its members' health and wellness, and to the education of its trainers. The diversity of our staff, with backgrounds in personal training, fat loss coaching, professional fighting, physiotherapy, and sports psychology, creates the ultimate blend of experience for members.

Working out at 9Round is always a unique experience. The 9Round circuit is focused on both losing weight and building lean muscle, using a blend of kickboxing techniques with high intensity interval training so that it's a killer workout every time. Members at 9Round have seen progress in their cardiovascular health, general mobility, flexibility and mental acuity!

www.9round.com

The 9Round London team is thrilled to be running classes and allowing people the opportunity to get in shape, get healthy, and live active lifestyles!

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Bandits back in action

Submitted by London Western Track & Field and photo by Johnny Zhang

Though this past year has been sparse for competition, good things come to those who seize the day. For instance: Phil Parrot-Migas' fall half-marathon qualified him to represent Canada at the World Half-marathon Championships in Poland (unfortunately, the event was cancelled due to COVID); Connor Black claimed a bronze medal while representing Canada at the NACAC cross country championships; Chris Balestrini ran a 2:17:05 marathon on a rainy cold morning in Waterloo; and Jack Sheffar made the most of the Texas Qualifier Trials of Miles with a new London Western 1500m club record of 3:43.49.

Backroads Bandits runners have managed some impressive accomplishments despite the lack of competitions in the COVID-19 era. That includes Phil Parrot-Migas, Connor Black, Chris Balestrini and Jack Sheffar, shown here setting a new London Western 1500m record at the Texas Qualifier 'Trial of Miles' event.

Alexandra Lucki of Toronto West, coached by Gary Westgate, is a recent addition to The Bandits. Her personal bests are currently 4:13.39 and 15:52.71, respectively.

The Bandits also welcome Mike Tate, reigning Canadian Cross-Country Champion and Jenna Westaway, 800m national indoor record holder. Both athletes are coached by Dave Mills at London Western Track Club, as are Connor Black, Jack Sheffar, and Phil Parrot-Migas.

As we moved past the one-year anniversary of COVID-19, we made sure to reflect on the resiliency that our local running community has shown. It has inspired us as Bandits to dig deeper ourselves and persist. Thank you for your support. When you see us on the paths, shout hello. We'll stay positive, test negative, and spread goodness.

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Ball welcome to all!

Contributions by Forest City Youth Slopitch

It's a league that has a place for every child or youth. For 39 years, in fact, Forest City Youth Co-ed SloPitch has been offering a place for kids aged 4 to 18 to play slo-pitch baseball.

If you are looking to learn slo-pitch, enhance your skills, better your fitness, or make new friends in a team environment, this is a place for you! Every skill level is welcome!

The Forest City Youth Co-ed SloPitch league has been offering children and youth fun and fitness on the diamond for nearly four decades! And it's soon time to play ball once again!

Everything is located at Vauxhall Park (49 Price St.), with a canteen and washrooms on-site. Thanks to the help of our local sponsors, we are able to offer a slo-pitch season at the cost $50.00 per player. That $50.00 registration fee includes a full season that runs from May to August, as well as: Jersey shirt and hat to keep; Season-ending event with BBQ, games, inflatables, food and more; Skill development /enhancement; Bats available to borrow; Team sportsmanship; and lifelong memories.

The T-Ball (ages 4-5) and Tyke (ages 6-7) divisions play one game per week at 6:00pm, while the Midget (ages 8-10), Senior (ages 11-13) and Senior Plus (ages 14-18) play twice per week (at 6:00pm or 7:15pm).

Come be a part of the community as a player, coach, umpire, or sponsor! Volunteer hours are also available. To register, or for more information, contact us at fcyspa@gmail.com.

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www.forestcityyouthslopitch.ca

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Resolutions for new year, new spring

Submitted by London Mens Baseball League

With 2020 now well in the rear-view mirror, and spring (and hopefully baseball) on the horizon, the LMBL is celebrating both a new year and a new season – and we've put together 7 Resolutions for a Baseball Player (7 Resolutions because we play 7 innings):

1. Eat healthy. We hear this all the time, but I am asking you to eat healthy 'like a baseball player.' A no-hitter is a rarity, so don't beat yourself up if you give in to that extra dessert. Just bring in the 'righty' out of the bullpen and get the next out/make the next meal a healthier one.

2. Get more quality sleep. Nothing witty on this one, it's really tough, just try and do it.

3. Don't be a hero. You can't do it all, all the time. Trust your family/friends to help out more. Just like in baseball, you can't always throw out the guy at home, so just hit your cut-off person.

4. Do more physical activity.

5. Spend more time outside.

6. Try a new hobby.

7. Take more 'me-time' and practice 'self-care.'

Resolutions 4 to 7 are easily accomplished by simply registering to play in the LMBL! It is a family friendly activity, as we only play one day a week and you get to play with a great bunch of guys outside.

www.lmblbaseball.ca

The LMBL, an over-30 baseball league in London, is looking forward to a return to the diamond after a long layoff due to COVID-19 restrictions. The 'boys' of summer are ready to play!

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Baseball in the Forest City

Submitted by LDBA Baseball

After a tough 2020, members of the local baseball community are optimistic for a better 2021 on the diamond! Plans are underway to return to play for the children of the London and District Baseball Association (LDBA). Registration is underway across the region, workouts are taking place, and everyone is hopeful we can return to action this summer.

LDBA President Derek Brooks says things were difficult in 2020. "It was a challenge in 2020 for obvious reasons. Many associations across the province made the difficult decision to cancel everything, and we really couldn't blame them," Brooks said.

LDBA was no different, with all but two local groups (the London Badgers and the St. Thomas Cardinals) choosing to sideline the season for 2020.

"The Badgers and Cardinals formed mini bubbles with the Intercounty Baseball Association to get the players on the field," Brooks said. "It was a very short season, but it allowed for some activity for the players."

As we move into 2021, there has been more planning and discussion on what a season might look like. From league play, and the formation of bubbles, to tournaments and championships, there is no doubt that it will look a little different then normal.

In the LDBA, the strategy has been to plan as our group always does, and pivot and adjust as needed. Baseball Ontario, as the governing body, will release a return to play protocol in the coming weeks after consultation with government officials and health units to determine what the baseball season will look like.

"The number one priority of the LDBA and its member associations is the health and wellbeing of all its players, coaches and families," says Brooks.

More information will be available in the coming weeks, and updates will be posted on the LDBA website at www.ldbabaseball.ca and also on the Baseball Ontario website at:

www.ldbabaseball.ca

London & District Baseball Association

St. Thomas Minor Baseball

London Tecumseh Baseball Est. 1968

London West Tinlaps Baseball

Nationals North London Baseball

Also includes Aylmer, Delaware-Komoka-Mt Brydges, Dorchester, Exeter, Lucan-Ilderton, Ingersoll, Mitchell, Sarnia, Strathroy, Tillsonburg, and Wyoming

Players in the London and District Baseball Association (LDBA), as well as coaches and parents, are optimistic that baseball – with some restrictions and health and safety guidelines – will be played in 2021. It would be a welcome return this summer to play ball!

Players eager after long layoff

Contributions by London Majors Staff and photos by Matt Hiscox Photography

This offseason has been unlike any that Roop Chanderdat (co-owner, GM and field manager) has been through since taking over the Majors with co-owner Scott Dart. By the time the first pitch is scheduled to take place on June 4, 2021, it will have been 660 days since the Majors last played in a league game (of course, there was one game played in there that preserved the 144-year legacy of Labatt Park – the Legacy Classic back on Aug 21, 2020).

Not only did this lengthy break give Chanderdat time to look at the talent he had on the roster, but it allowed him to ponder what he could add to it. Returning for the 2021 season are many local talents, such as infielder Carlos Arteaga (5th season), pitcher Owen Boon (6th season), outfielder Byron Reichstein (8th season), DH Cleveland Brownlee (11th season), and first basemen Josh Williams (2nd season). The Majors also brought back OF/P Robert Doyle (4th season) and utility player Evan Britt (3rd season), who add versatility to the roster.

The team will also see some familiar faces return, in veteran shortstop Keith Kandel, utility player Chris McQueen, outfielder Humberto Ruiz, and right-handed pitcher Dylan Brooks – each of whom took time off from the team.

Meanwhile, each year the team sees additions to the roster with the likes of new locals returning from school or new imports. With the travel restrictions, imports have committed to the Majors but will not be confirmed to join the roster until closer to the start of the season when restrictions are better known.

The team has added some Canadian talent in the form of local catcher Hayden Jaco, who played for Cameron University in 2019. Other additions to the roster include a former teammate of Jaco, infielder Tyler Wood from Winnipeg, MB, and fellow Winnipegger Adam Filmon, who will be deployed in the outfield.

Alongside the young talent will be Julian Johnson, who some may remember from his time with the IBL's Toronto Maple Leafs – as well as his stint on the Majors' roster for last year's Legacy Classic game. Joining the pitching staff is Jose Vasquez, a young, tall hard-throwing right-handed pitcher from Cambridge who most recently pitched for a DI school (Northwestern) in Louisiana.

Chanderdat has focused his time on preparing his local talent – when able to – with keeping with COVID restrictions and ensuring everyone's health is the top priority. The players, and the coaching staff, are working hard to get ready for Opening Day, which is scheduled for June 4 against the Toronto Maple Leafs.

www.londonmajors.com

Hayden Jaco

Carlos Arteaga

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Competitors across the world

Submitted by Family Karate Centres

Throughout the last year, the Family Karate Competition Team has been continuing to train despite the pandemic affecting their plans and schedules in a multitude of ways. Luckily, the team has been able to stay motivated and keep pushing towards improving their forms and skills.

Jada Sang competing her creative weapons form in the team's first virtual tournament.

The announcement of the WKC Virtual Series lit a fire under the team members, so they are now able to compete against people from all across the world. The World Karate Commission has been running international tournaments for over a decade, which has brought together many different countries across North America, South America and Europe.

The WKC Virtual Series allows any competitor to register and compete alongside people of their same skill level and age group from all across the world live on Zoom. With the feel of a real tournament, competitors prepare themselves as they would if they were in-person to compete. With eight different countries participating in the first tournament, WKC plans on hosting five more virtual competitions until the summer. These competitions not only help with motivation for the competitors, but they will also measure how much everybody has progressed since the start of the year.

www.familykarate.ca

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Is your business ready for prime time?

Submitted by GOT GAME Marketing

Serial entrepreneurs Greg Matthison and Walter Browning are excited to announce the next evolution in their series of marketing businesses: GOT GAME Marketing.

"With our past businesses, we've experienced the confusion associated with digital marketing, and we've dealt with experts who ended up making it more frustrating at times," said Matthison. "But we still had hope, and we knew there was a massive opportunity to grow our businesses in the digital world. So, we persevered and assembled an all-star team of our own to create a digital marketing agency that includes industry experts who not only understand the power of digital marketing, but who understand the process and can effectively communicate with business owners and marketing directors."

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Back on the field in 2021

Submitted by London TFC Academy

During these unprecedented times, one thing remains constant: The desire to get on the field and kick the ball. Like other soccer leagues and clubs around the world, London TFC Academy and FC LONDON continue to keep players on the field as much as possible – in a safe and healthy environment.

After wrapping up the indoor season with a false start at BMO, the club has all teams back to training on their new Tricar field. Tricar field is an outdoor training facility including a full-sized state-of-the-art turf field, fenced and with energy-efficient lighting. The field also has a clubhouse used for strategy and lecture sessions, storage, a club office, concession area, and change rooms. Adhering to provincial guidelines, the field and clubhouse are already in heavy use for the 2021 season.

To kick-start things this spring, the club had a Tuesday night snow shoveling party attended by about 75 players, parents, and coaches, who shoveled for three hours while Mother Nature did the rest.

Starting the new season, Londoner Chris Loucks has taken on the role of Technical Director, bringing his Ontario Soccer experience to the club. Chris is a seasoned National level coach who will now keep the club focused on Ontario and Canadian youth club soccer standards.

"It is great to be involved with such a dedicated group of individuals, with one common goal," says Loucks. "Every player and coach is focused, and we want to make sure there is alignment from the youngest players to the top of the club. With my experience at Ontario soccer, we will be continuing training and expanding our coaching staff as we focus on the player pathway."

As the club looks over the horizon, they are optimistic that competitive play will be reinstituted at some point in 2021. "It will probably start out regionally and expand from there," says David Debenedictis, GM of the club. "In the interim, we will be focusing on training, which is already actually 4/5 (80 percent) of the curriculum when you think about it. Practice makes perfect."

Provincial guidelines, in tandem with Ontario Soccer, allow the program to run full training at levels Orange, Yellow or Green.

League One and League One Reserves for both Men and Women are also looking toward a competitive summer. Head Coach of League One teams, Michael Marcoccia, explains that "They hope to have the league up and running by mid-June at the latest. If it's much later than that, it may be tough with players going back to college and university. Fingers crossed that we'll see everyone in the stands soon. We're training hard in anticipation of a full season ahead."

Several London-based clubs have recently announced they will not be running programming in 2021.

"We can certainly understand the hesitation for some recreational clubs in the region to run programming this summer," says Ian Campbell, FC LONDON CEO. "It's a big undertaking and a lot of responsibility, especially with the volunteer staff. We are hoping that by continuing to run, players and parents will still have an avenue to pursue their passion for the game."

Keep checking the website for further details (www.fclondonacademy.ca and www.fclondon.ca).

www.fclondonacademy.ca

Chris Loucks, Technical Director of London TFC Academy

London TFC Academy players, parents and coaches took part in a snow shoveling party/team-building exercise this winter at the new Tricar Field.

Tricar Field – dreaming of summer

A post-workout conversation in the clubhouse at the new Tricar Field

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AIR CONDITIONED FIELDS

MAY TO AUGUST INCLUDES PLAYOFFS

Returning to the pitch

Contributions by Elgin Middlesex Soccer Association

The top priority for the Elgin Middlesex Soccer Association (EMSA) is maintaining the safety of all participants while we return to playing soccer in the District. The communication between clubs, leagues and local health units is extremely important if we are going to have a successful return to play in 2021. There are seven Public Health Units that impact the EMSA District, and we are also following Ontario Soccer's return to play guide for a successful 2021 season.

We are seeing registration numbers at about 75% pre-COVID levels on the competitive side. Our WOSL (senior men's) is closer to 90% of its pre-COVID registration numbers, although our recreational registrations are only at 30% of pre-COVID levels. However, we expect that number to be higher as more clubs register their players and we get closer to 2021 play.

These are numbers close to what both the District and the Ontario Soccer 2020 survey results predicted.

People want to play soccer in 2021, and we are excited that we have so many who want to play. We also believe that as the vaccine becomes more available, more participants will return to playing soccer.

A different look

Soccer may look different between the various leagues this year. Our senior players prefer a return to the 11v11 game, which may mean fewer games as we work within the 50-person competitive bulletin restrictions and the two-week quarantine period when we need to change competitive bubbles.

The situation has brought out creative thinking, where leagues have looked at 9v9 – and even 7v7 – models of soccer for some of our older groups. Our clubs and leagues need to be commended for the creative thinking and planning they have done to engage as many players as possible during a very difficult time. Ontario Soccer has also been very supportive and encouraging.

The 'positives' out of COVID

What has become clear during the COVID-19 era is the resilience of EMSA clubs and leagues to offer programs its members are requesting – even if it doesn't necessarily look like traditional soccer. The willingness of our players, parents, clubs, leagues and match officials to work together to plan for a successful and safe 2021 season has been impressive.

Another positive aspect to come out of the unique COVID situation have been the effective communication with local health units and municipalities (and their willingness to work with the soccer community to provide for a safe 2021 outdoor season). The willingness of all participants to be good listeners and to be helpful has been fantastic, and the guidance from Ontario Soccer has been great.

John Laverty, President of EMSA

The downsides of COVID soccer

We prefer to see the 'downsides' rather as challenges. These include: the 50-person competitive bubble outdoors, which is challenging; Enhanced cleaning requirements for teams, clubs and municipalities, as it relates to facilities and their use; Keeping up with the changing requirements of the colour-coded system and not being able to plan for a full season (as the number of COVID-19 cases in a particular local health unit may change and, thus, change its colour designation).

However, everyone in the EMSA soccer world understands the need for safety protocols to protect our communities from COVID. We know and understand that 2021 will be a transition year to what we believe will be a more normal soccer experience beginning in 2022.

For the most up-to-date information, visit our website at:

www.emsadistrict.com

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Great start to season

Submitted by London Minor Football Association

As we continue to react and adapt to the ongoing pandemic, we first of all want to thank all the front-line workers and medical staff who continue to work so hard keeping everyone safe.

No one yet knows what the rest of 2021 will look like, but starting the year finally with a modified indoor football program at Centrefield Sports was a great feeling for the London Minor Football Association (LMFA). By following all of the government rules and best practices, we were able to run a safe program to keep young players active and engaged.

The number of players was very limited, but this program was just a start. All the players and coaches had fun and were very happy to return to the field. We are hopeful for bigger and better programs later this year – if we are able to run programs safely.

Information on our Under 10, Under 12 and Under 14 age divisions can be found on our website. We will also have all the latest information on our fall programs posted there. Please visit www.lmfafootball.ca or call 519-852-4465 for more information.

www.lmfafootball.ca

Kalib Chapman and Robert Moody

Ryder Migchels, Keaton Papple and Tyler Pickering

Ryder Migchels, Keaton Papple, Tyler Pickering, Liam Swanson, Gage Lincoln and Mason Craftchick

Charlie Barnes, Ethan Bouchard and Jacob Wilson

Jacob Chilvers, Aman Hassan and Teagan Middegaal

Is your body ready for golf season?

Submitted by Pro Function Sports Injury Clinic

Most of us have not golfed since the end of last season. Many of us missed out on being able to travel to play golf this past winter. Regardless of the last time you played a round, it is likely that you've been more inactive than you would have preferred over these last six or seven months.

We attribute this inactivity to things like not being able to go to the gym and playing our favourite sport. This lack of movement during the winter months is one of many contributing factors that can increase our chances of injury during the golf season. If you become injured, you can't golf at your best. So, why not prepare beforehand? Here is some advice on what to do ...

First, get moving. In the weeks to months before the golf season opens, walking, cycling or any form of exercise can be beneficial to your body. By being active, you are preparing the muscles and tissues in your body for some of the motions you will perform on the course.

Second, warm up. Head to the driving range a couple of days before and hit a bucket of balls – but don't overdo it! Before you swing the club for the first time, perform a warmup routine consisting of upper and lower body movements, as well as trunk rotations from side to side to mimic a golf swing. An example of this could be high knees with arm circles, and high knees with a trunk twist. Perform this same routine each time before you play a round.

Third, cool down. Before sitting down after your round, perform a similar drill as your warmup. Go for a light walk, incorporating arm and leg movements.

Dr. Josh Macedo and Pro Function professionals can take a look at your golf swing and help prevent injuries this season.

Injury is the last thing you want at the beginning of your golf season. Take a proactive approach and prevent an injury before it happens!

Looking for more guidance on how to help prevent an injury or enhance your golf season? Follow us at @profunction-london on Instagram and Facebook for tips on how to prevent golf-related injuries – or book an appointment to see Dr. Josh Macedo. Bring your clubs, and we'll take a look at your swing at our indoor training facility at Centrefield Sports.

www.profunction.ca

All-in-one hockey training

Submitted by The Hockey Studio

The Hockey Studio is coming to London, and owner Chris Billingsley, a former Junior hockey goalie and veteran elementary school teacher, believes the facility's offerings will be a welcome addition to Forest City hockey players looking to achieve their goals.

At its core, the philosophy of The Hockey Studio is 'to provide London and area athletes a training centre that offers programs that focus on a player's developmental journey. The Hockey Studio is dedicated to players chasing their dreams.'

Chris Billingsley, Goalie Coach

How does Billingsley aim to meet his mission? By providing a place where elite athletes can: Get intensive all-in-one training with qualified coaches; Train on the ice, fuel up with quality foods and hit the gym to train their body; Leave the building knowing they are leaving better than when they walked through the door.

That building is a 6,600 square foot facility with a training rink (real ice) in the Northwest corner of London (1828 Blue Heron Drive, Unit 30-31). Construction continues, and a tentative target open date has been set for May.

The facility features: an NHL-style coaches room for video and game analysis; An OES Scoreboard for an exciting 2 on 2 league; Four dressing rooms; SPARX PRO Skate Sharpener and an essentials pro shop; A 500 square foot turfed area for dryland/fitness/mobility training; and an indoor Golf Studio featuring a Uneekor Golf Simulator (yes, The Hockey Studio will also offer golf training with its 'Thirteen Under Golf Studio').

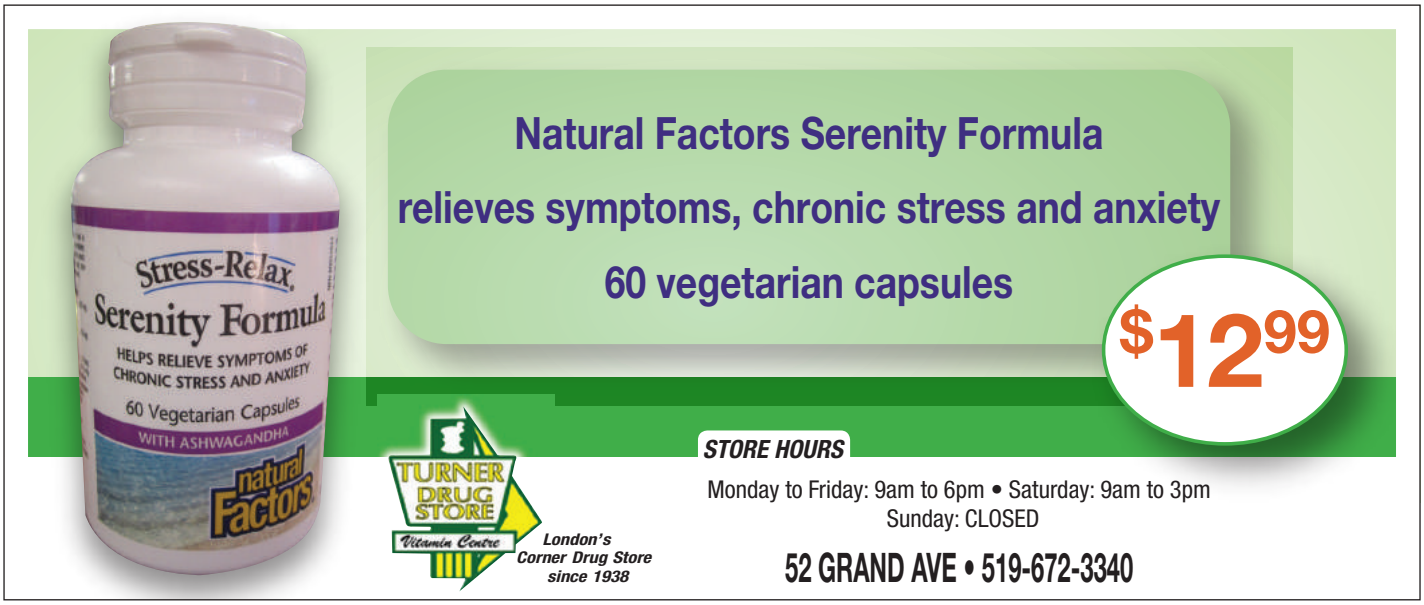
Billingsley was a goaltender by trade during his playing days, winning Rookie of the Year honours with the OHA's Junior A Brampton Capitals in the 1990s. He went on to play in Senior leagues for 15 years and created first ever goalie school in the Elora/Fergus area (Elora Rocks goalie school). Most recently, he worked with Jon Elkin, at his NHL camp with Stars such as Mackenzie Blackwood and Matt Murray.

HOW YOU DO ANYTHING, IS HOW YOU WILL DO EVERYTHING #NOSHORTCUTS

BILLINGSLEY

An elementary school teacher by day, Billingsley is adept at using students' strengths and individual learning styles to help them reach their potential. And he's dedicated to providing personal attention to each of his clients, ensuring that he takes on fewer clients to give his players everything he has.

www.thehockeystudio.com



Don Brankley HOF Class announced

Submitted by London Knights

The London Knights are proud to announce the Don Brankley London Knights Hall of Fame Class of 2021.

This year's Class includes Darryl Edestrand (1965-66), Pat Riggin (1975-78), Dave Simpson (1977-82), Tom Kostopoulos (1996-99), Danny Syvret (2001-05) and Bill Long (in the builder category).

"The pandemic has changed a lot of things, but our rich history and long list of successful alumni on and off the ice will always be a part of the London Knights," says Mark Hunter, London Knights General Manager. "We are thrilled as an organization to continue on this great tradition and recognize six men who have made outstanding contributions to the London Knights."

"Darryl, Pat, Dave, Tom, Danny and Bill represented the London Knights well, and in Darryl's case the London Nationals in London's first ever Jr. A season as team captain," says Rick Doyle, London Knights Alumni Foundation President. "We are proud to announce, along with the London Knights Hockey Club, six outstanding alumni who will be inducted alongside other Knights greats and Don Brankley in this special way."

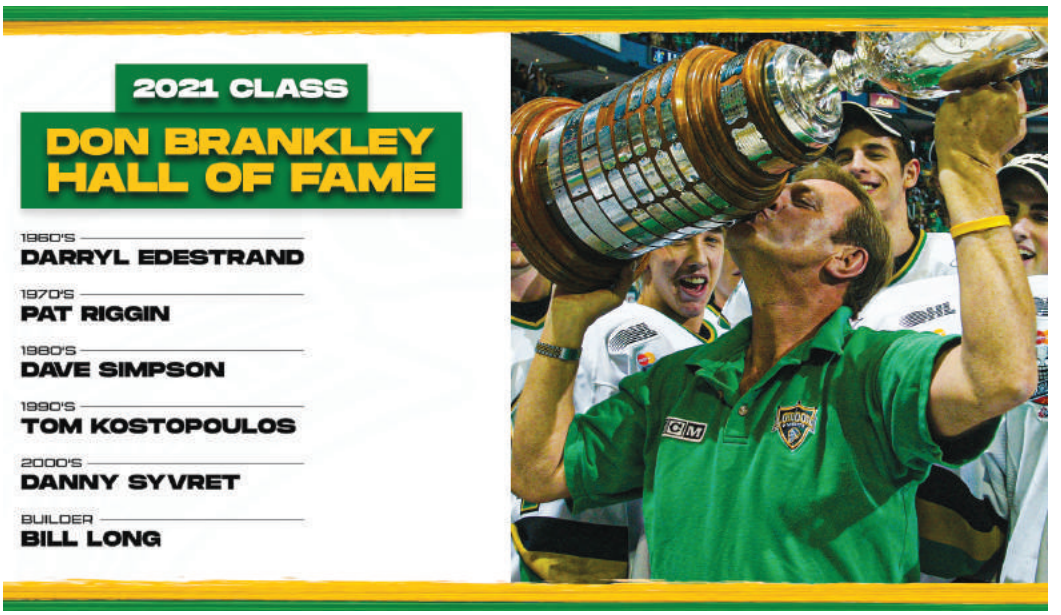
A traditional in-game ceremony honouring the inductees will take place at a later date.

www.londonknights.com

ABOUT THE DON BRANKLEY LONDON KNIGHTS HALL OF FAME

Named after the London Knights' long-time trainer, the Don Brankley Hall of Fame was established in 2019 and honours outstanding alumni for their career accolades during their time with the London Knights.

The Don Brankley London Knights Hall of Fame is located between sections 309 and 310 at Budweiser Gardens. The London Knights Hockey Club and the London Knights Alumni Foundation work in collaboration to determine inductees on a year-to-year basis.



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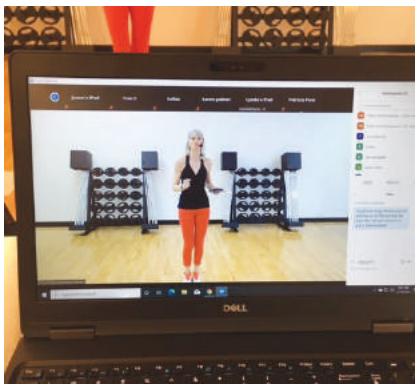
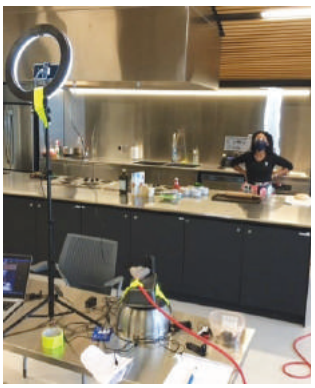
The best of both worlds

Submitted by YMCA

During the most recent closure, the YMCA of Southwestern Ontario launched Virtual Group Fitness and Children's programs to everyone in our community. These programs quickly grew in popularity, and they offered an exciting and interactive way for us to continue to connect with our members.

The program was so successful, in fact, that as we opened our branches on February 19, we continued to provide virtual programming. We are currently offering Group Fitness classes, Children's Karate, Family Cooking classes, Babysitting courses, and various Social programs – such as a monthly Trivia night. With the branch now open and members coming in to work out, these virtual programs make a great addition to your fitness and social routines – and add even more value to your membership!





The YMCA began virtual programming during the second COVID-19 lockdown, and it was such a hit that they've continued to offer a variety of virtual offerings to the community. Shown here (left to right): Bethany Stigge and Natalie Minda; Gemma Carleton; Janice MacDonald; Rebecca D'Souza.

The YMCA of Southwestern Ontario

The YMCA provides a place for families to enjoy a fun and healthy environment – where everyone is welcome. The YMCA prides itself on enriching the community through 'growth in spirit, mind, and body' for people of all backgrounds, beliefs, and abilities.

Busy families need a place designed just for them. At the YMCA, families receive all-in-one programming and schedules that suit the whole family.

The YMCA means welcoming, it means belonging, and it means opportunity!

www.ymcaswo.ca

YMCA of Southwestern Ontario

TWO WEEK GUEST PASS

Valid at Bostwick Community Centre, YMCA & Library

Guests must abide by all policies and procedures applicable to members. Photo I.D. required

This GUEST PASS entitles you to **one consecutive two week visit** at the YMCA.

Expiry date: _____

Authorized by: _____

The kids – on the bike – are alright

Submitted by Attack Racing

Attack Racing is London's only youth-focused cycling program. We offer a variety of programming, from introduction to mountain biking to National level road and velodrome racing. While there are opportunities to race, our focus is on fun and skill development, always in a safe environment.

Our team ranges in age from 9 to 18, and while some riders focus on cycling as their sport of choice, others use cycling as cross training for other sports like hockey or speedskating. We ride year-round, whether at the Forest City Velodrome, on the roads or trails, or virtually together at home using platforms like Zoom, Discord, Zwift and RGT.

"Since taking up road cycling in 2013, I had heard about this team. It wasn't until a few years later that I joined and felt like part of a family full of positivity, encouragement, and teamwork, both

Use #LondonSportsXpress and get FEATURED!

Royals are resilient

Submitted by CheerStrike and photos by Katie Gordon

Season 8 at CheerStrike has been missing a few key elements of a normal competitive season: no stunting, no in-person competitions, and, for many, no full team practices. But the key elements of what we offer at CheerStrike, and what it means to be a member of our Royal Family, have remained the same.

Throughout ever-changing restrictions and shutdowns, we have continued to be dedicated to training our athletes any way we can, to preserving the relationships between coaches and athletes (as well as between teammates), to making sure they keep participating in the sport they love, and, most importantly, keeping our athletes, staff and families healthy and safe!

Season 8 will be coming to an end with our teams filming routines for virtual competitions – it is time to see our athletes recognized for their achievements, in spite of the pandemic. Team Placements for Season 9 will begin early in May, with Season 9 training beginning in June 2021.

Nothing – not even a pandemic – has been able to stop CheerStrike Royals athletes from participating in the sport they love, improving their skills and developing relationships with their fellow teammates!

Why choose cheer for your child? Cheer offers incredible physical and mental training; the combination of physical skill with the performance of a memorized and perfected routine offers benefits to your child's growth and ability to focus, remember and problem solve. Cheer also builds self-esteem and confidence in a supportive and encouraging environment.

We offer competitive programs for children from the ages of 3-18 and for all skill levels: Novice for those just starting out in the sport; Prep for those with intermediate skills; and All-Star for experienced and highly skilled athletes.

Come find out that no matter what changes come our way, it will always be great to BE ROYAL. If you'd like more information, email us at info@cheerstrikeroyals.com.

www.cheerstrikeroyals.com

Attack Racing offers youth aged 9 to 18 the opportunity for fitness, fun and skill development. Some athletes enjoy the competition, while others enjoy the benefits of cross-training for other sports (Note: Photos taken before COVID!).

on and off the bike," says Matthew, who is now in university and coaching with the team. "And all this while achieving goals and still having fun!"

Watch our website (www.attackracing.ca) for registration for spring and summer programs in mountain and road cycling.

Contact info@attackracing.ca for information on getting started.

www.attackracing.ca

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